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Four artists show off their vibrant art. Page 5

# SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



**Theo Fleury speaks out**  
Comedian Fleury talks about his life's struggles. Page 3

MONDAY, DECEMBER 5, 2011

CONISTOGA COLLEGE, KITCHENER, ONT.

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35th YEAR - NO. 27

## CSI spends \$140,000 on renovations

By STEVE JONES

Conestoga Graduate Inc. has spent \$140,000 on renovations over the past six months and they say will increase in the overall college expansion.

"We've heard more complaints about CSI than year than complaints," said CSI president Gino Ryne.

The two major projects undertaken by CSI were renovations to their offices over the summer and the current renovations to the Dev. for middle known as the upper secondary.

CSI spent \$70,000 to open up their offices for better gas navigation and productivity which, according to Ryne had been lacking from year past.

There said to be two separate offices for the board and staff which caused some communication problems in the past.

"Opening it up into one office has made it a better working environment," she said. "Having good communication is a true help across students better."

She said the new reception area added this year has made it quicker and easier for students to get their questions answered.

This gives the directors the ability to maximize to meet on their work.

The Student Life Centre opened six years ago in 2005. At CSI, there are seven full time staff and 20 volunteers who work in paid leadership roles.

The Dev. has been out of service since September and Ryne hopes the \$100,000 renovations will be completed by the new year.

The renovations are a little behind schedule at CSI, at their annual general meeting on Oct. 15, though the Dev. would be open by Nov. 15.

The new and improved student hangout will include separate rooms to watch movies and play video games as well as chairs and tables to work on school assignments. The old upper secondary was out of date with every pool and ping pong tables.

"People were going up there just to sleep and we wanted to make it a little more functional," she said.

## THAT'S ONE BIG MINI WHEAT

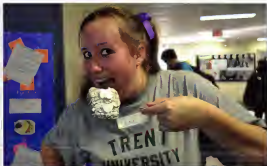


Photo by MICHAEL JONES

Janessa Weidman, a pre-health science student, dove into her healthy breakfast of Mini Wheats to demonstrate how easy it is to start her day off right. She was participating in Health and Wellness Week held from Oct. 20 to 26 at the college.

## Is there life after death?

### Take a course led by psychic Dan Valkos to find out

By MICHAEL JONES

I take a picture and as the dash, trying to seem relaxed and less anxious than I truly am.

The pale man from across the walk reflects the fluorescent light from the ceiling fixtures into my eyes, causing me to squint and struggle to make eye contact with Dan Valkos. The tanned coloured polo complements his newly blonded hair and he assures me, "You don't want to know what but I lost to have to dye my hair this colour."

We begin our conversation with a few of my more general questions pertaining to metaphysics, current affairs — the current state.

As he begins to tell me about his radio career in Windsor, he suddenly stops. Valkos raises his hand to his left and his eyebrows suddenly squint together, as if he is listening to an unseen's voice from three feet.

The right hand came off the dash slightly, and then he crosses his arms, as if he was making a decision.

Maybe, maybe 10 or 11 feet outside the door, I can hear some faint rattling from a group of women.

They're walking toward us, down the hallway.

"We're on here ladies," he says with a smirk.

The women stop. One very surprised, very pregnant woman shuffles up to the door and looks at Valkos curiously. "Are you talking to all" she asks.

"Well, you're the only ones out there looking for this room, are you not?"

"But you didn't see us, did you?" she asks.

"That's these pillars and blinds in here and sit down already," Valkos explains.

Amused, she leaves her doorway to retrieve her

friends. They funnel into the room and sit down in the far corners, rearranging in confusion to each other.

"I was so disturbed! I was embarrassed! What exactly had I just witnessed?" There was absolutely no explanation other than sheer luck, at least that's what I thought.

Valkos could sense my confusion and turned back to me. "OK, gentlemen, where's the matter?" he asked, smiling his hair again.

"Mr. Valkos, how did you do that? How did you know they were coming — how did you know they were looking for this class?" I inquired, leaning in to hear his answer.

"It's a genius, genius. You asked me that."

By now Conestoga College students know who Dan Valkos, the psychic, is. In addition to 21 years teaching at the college, Valkos has been doing readings in the

Sanctuary.

One of the classes he teaches deals with the aspect of reincarnation. With his huge personality and his chillingly accurate clairvoyant abilities, Valkos is the perfect person to lead the reincarnation workshop.

If you are curious to learn about reincarnation and a few of your past lives, and you have at least \$80, I strongly suggest you enroll.

Reincarnation is generally accepted as confusion for many.

If you are like me, the first thing that pops into your head when you think of reincarnation is the stories of young James Leavelle, as reported by ABC news back in 2000.

At the age of three, the boy could see in the context of a glass and do a preflight check without any prior teaching. It was if he had done it before.

## Now deep thoughts ... with Conestoga College

Readers' questions answered by random students

**What would your ideal  
part-time job be?**



**"I want a well-paying job  
at Starbucks."**

**David Thomas,**  
first-year  
advertising

**"I want to be a bartender."**

**David McElroy,**  
first-year  
public foundation



**"I already have jobs and  
it's at Toys 'R Us."**

**Meleah Matheson,**  
first-year  
public foundation

**"Working at Footlocker  
would be good."**

**Jordan Donlin,**  
first-year  
public foundation



**"I'd like to be working at La  
Serna."**

**Marysja Nussliak,**  
first-year  
public foundation

**"I'm already working at it  
as a lifeguard."**

**Derry Diamond,**  
first-year  
public foundation



Smile-Questions, you could be our next respondent!

## Valkos has 40 years' experience

Continued from Page 1

He remembered the name of 21-year-old James Watson Jr., a Navy fighter pilot who was shot down by Japanese artillery over the Pacific in the Second World War. The boy had nightmares, he knew the names of specific parts of the plane, and even stranger, James was able to tell him the names of the men he took off from in his past life—Matsuo — and the names of enemies he flew with — "Jack Larson." After some research, his parents discovered both the Matsuo, and Jack Larson were real.

Reincarnation has many skeptics, including me.

In the first hour of the class a lot of faces are recovered. "Valkos' introduction is weird, which is a bonus to itself." He will tell you he's been involved in the psychic world for 40 years and he's done over 3,500 talks alone and has lectured or performed at over 1,000 colleges. That he will tell you about the two books he has written that speak from his aggressive accomplishments: the best part in his introduction is when he announces a few psychic performances he has come to know on time.

The good news: the world is not going to come to an end in 2012. The bad news: if you would not have to pay all your credit card bills, too bad! Valkos says with a devilish

smile.

Also in the first hour, Valkos will give his views on what reincarnation is all about. Then it's an all-out frenzy as the question and answer period begins.

Everyone in the room seemed to have something to ask when I attended the lecture.

A woman, who is not a Conestoga College student, regularly but who made sure she attended this particular class, raised her hand eagerly as Valkos finally called upon her to raise her question. She asked I not name her, so her question was quite sensitive, but she did allow me to relay her experience.

**Always remember that the  
best psychic in the world  
you can rely on is yourself.**

— Dan Valkos

As it turned out, her mother had passed away recently and then, shortly after her daughter became pregnant. The daughter had gone to see a different psychic and was told that her unborn child was the reincarnation of her grandmother. After learning this information, the woman in the class was not at all when to make of it all... which is where Valkos piped in.

"It is very possible," Valkos answered. Elaborating, he

went on to say that if a spirit has unfinished business, or has debts to repay, that he or she may immediately return to settle out the rest of their time.

When students learn in the first half of the class is wrapped by when they report over in the last 30 minutes, Valkos begins the class, having why blankets and pillows are a requirement, and sends everyone back to a previous past life. I appreciated that the teacher's explanation of "happy" past life, as I'm sure it would be beyond our minds to relate something besides.

To end the experience, Valkos gives out last vital piece of advice: "Always remember that the best psychic in the world you can rely on is yourself."

"Trust your own instincts. Do not pay for advice and insight, but make the choices yourself."

On that note, the students slowly departed, some visibly shocked, others looking enlightened.

The next class will be held in March 2012, and word went is already going through the student portal.

If you've got an interest in reincarnation, or you're just curious, the class is enlightening and incredibly fun-making. Who knows, maybe you too will be Jerry, part of a short-term?

Maybe that you probably won't. Dan Arthur or Maria Antonova in any of your past lives, Valkos sends his apologies.

### Cartoon 11/10/13



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# 'It takes a true man to show emotions'

## Theo Fleury shares his life story at Conestoga

By ERIN LEBLANC

"You're only as rich as your secrets" is the message former NHL hockey player Theo Fleury sent to Conestoga students on Nov. 26.

In an attempt to raise mental health awareness – and to warn others about the consequences of ignoring your emotions – Fleury talked about how he coped with pain through the use of alcohol and drugs after experiencing years of sexual abuse as a teenager.

Fleury was invited to Health and Wellness Week, a weeklong event that started Nov. 23.

Fleury, a NHL Stanley Cup champion, shared his story of a troubled home life and years of sexual abuse followed by his coping by abusing drugs.

"It doesn't matter what it (the disease) is. Your disease never becomes better. It will become progressively worse," said Fleury in the packed Sanctuary.

Fleury was raised to play hockey beginning in kindergarten, five years after the day a classroom bullying had killed

offered him the chance to practice he was hooked.

Fleury's father was an alcoholic and his mother a prescription pill addict.

He was 14 when he became a part of a team in death for the Western Hockey League's Winnipeg Warriors. And that was when Graham James, a hockey coach at the time, convinced Fleury's parents to let them not leave his hometown of Russell, Minn., and travel to Brandon, Man.

It was three times sexually abused. Fleury told women over three years. James pleaded guilty to 850 sexual assaults against two players on January 2, 1997.

After he was molested Fleury experienced a roller coaster of emotions – most of which he buried deep within his abuse of cocaine and alcohol. Despite his problems, on the outside he seemed like a guy who had it all. He kept his secrets deep within himself.

"Every time I closed my eyes I ended up in that dark room where I was molested. For 10 years I never slept – with or without the use of

alcohol and drugs."

Eventually Fleury was in and out of counselling for addictions. But his real enemy was his 18-year-old son at the time, who called Fleury in 2004 and made him realize what he was doing to himself and to others who loved him.

This convinced Fleury to come home to his family, and helped him stop his suicidal tendencies.

At one point Fleury came close to committing suicide.

"As I held the gun to my mouth, I realized I've never cried up a day in my life. I asked myself, why am I crying now?" and he threw the gun away.

"I looked at myself in the mirror and I didn't see myself the same. Finally I know the secrets had come."

And since that day he hasn't touched a single drug, and doesn't plan to.

Fleury asked his lecture for warning the students not to hide their emotions, especially men who tend to think they have a certain "toughness" status in school.

"It takes a true man to show emotions," he said.



Photo by Brian Leach

Former NHL star Theo Fleury shares his darkest moments with Conestoga students, staff and faculty in the Sanctuary on Nov. 26.

## F-wing has official open house

### Addition cost \$16.6 million

By BACCHU, KERRY

The Health and Life Sciences Centre at Conestoga's Dunn campus is taking interactive learning to a new level.

The F-wing expansion cost \$16.6 million with an additional 10 million spent on equipment. With a focus on interactive learning, video rooms such as collaborative boards and monitors are a supplemental resource in the classroom.

John Gilts, manager of donor relations and stewardship, and colleague for the new simulation centre "will allow future innovations in the way we support and engage student learning in simulated settings."

The wing also includes new labs and lounge areas.

Although the facilities have been in use since September, an open house and grand opening were put off until

late November due to busy schedules.

"The beginning of the school year was a very busy time for everyone and that's just priority was to ensure the building was up and running at time for the students' return to school," Gilts said.

In recognition of the support Conestoga received through the Family Campaign donations, the open house took place on Nov. 20 before the official grand opening on Dec. 3. Faculty, staff and their families were invited to tour the facilities, take part in hands-on activities and meet the "patients" in advance of the public.

The Family Campaign is ongoing, with Conestoga staff and faculty being asked to donate money as an investment in students, in the community and in the college's future. The campaign goal is \$400,000, of which \$700,000 has already been raised.



Photo by BACCHU, KERRY

The F-wing is home to new models which allow students to take a hands-on approach to learning.

## Fighting the war on Christmas

By Alex Patterson

December is a great time of the year, but here are pointed to snow, school's out for a month and we get to celebrate holidays such as Hanukkah, Kwanzaa, Yule, Yule's five and Day and even Christmas.

The war on Christmas, which is being waged in an effort to create equality amongst all religions during the holiday season, has been in effect for a few decades. Although the goal is to create equality, it may be going too far.

The beautiful thing about Canada is that we live in a diverse society where we accept a variety of different cultures. However, in our efforts to embrace all, have we forgotten Christmas?

Christmas is a religious holiday to celebrate the birth of Jesus and observing the holiday seems to be fairly trending from diversity. Other religious traditions and beliefs may still be acknowledged by society, but it's only natural that in a prominent Christian country that Christmas is special.

Many controversial interviews regarding Christmas even happens within Windows Device including the closing of a university-owned store and the rejection of "Merry Christmas." The fact that a department manager lives in houses on a "Christmas Tree" is concerning to some. They would endure the time he lives on a "Mistletoe Tree." However, the tree is decorated as keeping with Dec. 25, which is known as Christmas Day, not "Mistletoe" day.

As far as an effort to change the social traditions of Christmas, it is unfair to the people who are merely celebrating their religious holiday or a holy day that they just choose to embrace. Unlike most holidays, not everyone has brought a positive influence to Christmas. It allows some Christians to enjoy the giving and family-oriented part of the holiday. However, some militant groups such as the Christian Alliance are the reason to promote their hatred of this holiday calling it a myth. We are free to believe whatever we wish, but trying to make Christmas and non-Christmas feel guilty is not just for celebrating Christmas is unacceptable.

The holiday is a special time of the year when the entire community is supposed to think about giving, love and something. While not supposed to be fighting over how we spend or where our children. We should be celebrating this time of the year and accepting everyone and all of their beliefs – not just include Christmas.

The virus has not improved the position of the newspaper, not necessarily the reader.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be paid for the publication. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address: newspaper, c/o The Editor, Spoke, 2005 Queen Victoria Dr., Room 1234, Kitchener, Ont., N2G 0K9



In accordance with new diversity policies, Santa has hired ponies and sprites as well as elves.

## Students are bad tippers

Everyone should work in the food service industry at least once in their life.

Nearly everyone goes out for dinner or periodically has a drink at their neighborhood food restaurant. It is reasonable to wish the general public be understood that restaurant that is meant to happen on the other side of the restaurant table or bar top.

It is not my intention to say you as a restaurant owner should accept your service or unacceptable food quality, however, those who have an understanding of the industry can appreciate that there are vegetables or that they have a food restaurant and does not contribute to tip-ping your server.

As it pertains to the restaurant industry, TIPS is an acronym meaning To Increase Prompt Service. For most people the quality of your service provided to them automatically affects the tip they leave. Generally 15 per cent is considered proper etiquette while 20 per cent or more reflects a greater appreciation for excellent service.

The majority of restaurants implement a tip out or tip split system. This is how the kitchen and support staff, including busser, dishwashers and bartenders (expensive) receive tips. The more tip paid a bartender is more.



Karen Haynes  
Optician

most working staff relate to their manager a percentage of their wage not their tip from that day. It is then approximately distributed between the kitchen and support staff.

So, say that table of four that I've been looking after for the last hour and a half has a bill of \$100. If they do not leave a tip, the system does not run and I tip out \$25, which is 25 per cent of the \$100. Since I usually left a tip I actually have to take money from my own pocket to pay the server.

It shouldn't cost your server money to serve you. And do not forget that hourly pay is \$9.99. If below minimum wage.

I have been a server for five years, long enough to be considered a veteran in the restaurant industry. As my experience there can significantly reduce your bill, not tip, this includes students.

Although this means that in a generalization most there are always exceptions,

students are for the most part terrible tippers.

Your server probably already explains what the house you talking about and makes you are making. One likely student you are going to ignore (bad tip) or ignore, no tip.

Over the years I have heard every excuse as to why students are bad tippers. The No. 1 reason is a lack of "student loan money." Well, students have enough money to pay for their extra just that costs \$7 a day they have enough money to exchange on dessert, eating \$10.

They have bad money and the bank is closed. With a lack of generosity and my understanding of the restaurant industry, some students even have the audacity to say, "Your server was great, but I still have my money to tip you."

My smile feels awkwardly tucked onto my face and I say nothing.

If they had just truly tipped you out, maybe you should have asked more and stopped dessert. If you cannot afford to tip, don't eat at a restaurant where your bills are proper etiquette.

In a nutshell said, respect the server and the excellent service that is being provided to you.

## SPOKE

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## CLOWNING AROUND AT A CHRISTMAS PARTY



PHOTO BY ALEXANDRIA BERN

Marie Backe (the clown) and Rachel (on the right) in an AIDS Christmas skating party at Downstage's new venue on Nov. 27.

**We all have our stories that brought us here.**

**We support one another through whatever we face and take the time to learn from each other.**

**Thank You for Being the Difference**

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## Waterloo Town Square sparkles and shines

By ALEXANDRIA BERN

Although the weather outside is frigid, Uptown Gallery is simply delightful. Uptown Gallery opened its newest exhibition on Nov. 23, called Sparkle and Shine: Flashing, Flashing, Flashing Art.

The exhibition features four Waterloo Region artists: Suzanne Karamaker, Deborah Pryor, Laurie Spoker and Ted Spoker, who were chosen for their individuality, dedication and professionalism in the field of fine art.

Each of the artists featured in the exhibition makes different kinds of media in their artwork.

According to the gallery's website, Suzanne Karamaker uses mosaics, mixed media and altered books to explore her thoughts about life's journey. Karamaker's artwork includes words, depth, texture and vibrancy.

"I love being able to make a statement with my artwork," Karamaker said. "But what I think really gets me is all of the other people who look at the work and it really resonates with them. Something about my art speaks to them in their own way."

Deborah Pryor has been with Uptown Gallery for almost six years. "I've been a freelance artist for over 30 years. I've done a real variety of things. I started off doing architectural plans, working for interior designers and architects, and then I moved into theatre set painting and I've illustrated a couple children's books. Now I'm having fun at Uptown Gallery doing fine art and experimenting

with acrylics, mixed media and photography," Pryor said.

Laurie Spoker opened her husband's tavern in 1982 and started glass when she opened her own studio in 1994.

"I've only been doing it for about five years now," Ted said. "I do glass being pretty exclusively, bowls or other sculptures."

As for Laurie, she fell in love with the qualities of glass. "Shaped glass and glass being in my passion. I find all glass very interesting because there's always an unpredictable element. In fact it could make a piece of stained glass you have given, mosaic, treble clef, or a sculpture. It's a beautiful art material. It pleases my sensibilities to further form and manipulate glass. I enjoy the whole process," Laurie said.

Uptown Gallery is a collection of local artists that was founded in 2006. The gallery has since moved to a new location in Waterloo Town Square near the stadium.

There is a variety of art on display including watercolor, sculpture, photography, bowls and glass art and stained and fused glass, all which can be purchased.

According to its website, the gallery's mission is to "provide a friendly environment in which to view, discuss and purchase fine local art and an interactive, lively opportunity to learn a variety of creative artistic processes."

The exhibition will continue until Jan. 14, 2013. For more information, including the gallery's hours of operation, visit [www.uptowngallery.ca](http://www.uptowngallery.ca), or call 645-7400.

## RAISING MONEY FOR BREAST CANCER



PHOTO BY APRIL COHEN

During Health and Wellness Week, general arts and science health students (from left) Christina Kelynda, Abby Brown, Amanda Treadwell, Jess Vogel and Katie Schwartz asked for donations for breast cancer research. They all wore pink and offered responses to those who donated.

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# Your ideas are worth sharing

## It sometimes takes courage to make your voice heard

I have a voice, and it is your voice.

You have your own voice too, but would you use it when the time calls for it?

In essence we all talk constantly without knowing what we're saying, but when something happens, we forget how to open our mouths.

Sometimes a flash whisper comes out but then we realize it's only our words, our conscience that is telling us what's right and what's wrong.

If leaders are when people act like they're tough and

know their way around the world that isn't seem to speak out as simple things going on around them.

When people listen, would you tell them to pick it up? You wouldn't because we all avoid confrontation. We don't have the courage to tell long someone. We're also told to be careful who we confront, for fear of being rejected.

We're also so reliant on technology today that we don't know how to converse. You want to have up with your boyfriend or girlfriend?



**Maria  
Espinoza**  
*Opinion*

You do it via text messaging or Facebook. With all the people online we're glad to see computer screens.

If someone is smoking in a car smoking now and it has on you, would you tell him to stop? Unfortunately for

me, I would be the one smoking, and not using my voice to get him to smoke somewhere else. If we had the courage to speak up, people would get the message. After all, one person can make a difference.

It comes to an intensity when someone is being hurt, most of us automatically do something to help. You may be afraid, especially if someone is being robbed or someone is involved. This may prevent us from getting involved but we know what is right

and what is wrong. It is up to you to decide if your voice makes a difference. I'm telling you it does.

So don't forget you have a voice even if you think you don't.

Your voice is the first step to whatever you want to change.

Once your voice is heard, let your actions be heard. If you have an idea, don't let others shut you down because we live in a world where anything is possible. Ideas are always worth sharing.

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# Black Friday

## overshadows this year's Buy Nothing Day



Adam Stewart, an evening (evening) college student who wants to study police foundations, is shown making his wish on Buy Nothing Day, which gives consumers the chance to say no to spending for the day.

BY ELIANA PEREZ-RODRIGUEZ

On Nov. 30 at Pearson Park Mall, the "Tim Hortons" lineup stretched long enough to resemble the Great Wall of China, some of people snarled around security bags, and the Wal-Mart parking lot was packed. It was the biggest shopping day of the year, known as the United States' Black Friday, the day after Thanksgiving. This year is the first year the one-day shopping frenzy came to Canada.

Typically, it was also Buy Nothing Day (BND), much less known even though it has been around Canada since the early '80s. BND, founded by artist Ted Dunn in Vancouver, is an annual consumerism awareness day promoted by *Alternatives* an anti-capitalist magazine which also inspired the Occupy movement, participated in by over 60 countries.

In some cities BND means you can, exclude a "Wacky Black" a creative line of protest, or already packing empty shopping carts through a Wal-Mart, a credit card swap, a friendly outside-the-store offer to donate shopping credit with a "Smash Wall," a

group walk through a mall with group members wearing black hood scarves.

When asked if she supported the philosophy behind BND, her McConnell, at the end of the walk-long Tim Hortons' lineup, shrugged and gestured to the huge line in the shopping cart she was leaving over. "Well I've already bought something, so no."

Shopping by the clock Friday afternoon, it doesn't look like anyone's ready to give up the goods anytime soon — much less organize a peaceful protest. The only thing that made this day at Pearson Park Mall different than any other day at the mall was the amount of money changing hands, thanks to the newly introduced Black Friday.

Brian, a shopper at Wal-Mart who refused to give his last name, thought the worded message about this day had never heard of before and loudly exclaimed, "I think it's a waste. If people are going to live so to acquire products, it's a waste of time and resources."

A shy shopper at Canadian Tire had placed the opposite opinion. Jessica Mackenzie, a new friend of the author, had liked the sound of it. She said

she could easily last a day without buying and might even participate next year.

A group of Canadian filmmakers filmed the notion of Buy Nothing Christmas. If that's too extreme, buynothingchristmas.org suggests making it a "buy less" holiday.

Best Buy CD however Barbed through retail shopping darkness from what Christmas should really be about. "We spend more time spending money on each other than we spend time with each other."

### "PRICELESS" GIFTS

These free and/or socially responsible gift ideas are from contributors on [buynothingpolymagazine.org](http://buynothingpolymagazine.org)

- Seeds or a potted plant
- Handmade mittens or a flower's family recipe
- Adopting endangered animals through their wildlife fund
- Candles with family photos
- Do a favour or a kind act
- Fair trade coffee or chocolate

**DECEMBER 2011**

**MONDAY 5**

**exam relief week.**

**TUESDAY 6**

**\$2.00 pizza** sanctuary cafe

**free coffee and energy drinks** outside self serve room 2.00/8

**WEDNESDAY 7**

**stress free zone** lower atrium

**free pancake breakfast** sanctuary cafe

**celebrate weekend or study more?**

**SATURDAY 10**

**CHECK OUT**



# Students bring Christmas cheer

By STEPHAN BOWEN

It was a chilly day filled with Christmas spirit, and school spirit, as Conestoga students from the Guelph campus participated in the annual Santa Claus parade for the first time on Nov. 28.

A car was roped into the Guelph parade which was donated and driven by Security Services. The vehicle was decorated with a winter wonderland theme by student Troy Lee.

A group of roughly 30 students from the School of Business and Hospitality wore Conestoga shirts and Santa hats and headed out early in the morning to walk through the city. Conestoga's mascot, Chilly the Conestoga, joined the group and was a great hit with the children, according to teacher Anna Towner.

Barbara Kelly, a chair in the School of Business and Hospitality, was very excited about the event.

"This was a wonderful opportunity for our students to get involved in their local Guelph community. Their enthusiasm for this event was



Photo: Anna Towner

Conestoga students from the Guelph campus participated in the Santa Claus parade in Guelph on Nov. 28. In addition to walking the route, a student decorated a vehicle for the parade.

great and very contagious. It is great to have our students present on a Sunday to support the college," Kelly said.

According to Towner, the school thought the parade would be a wonderful way to bring awareness to the campus in Guelph as well as to the programs available. Their business programs aren't well known in Guelph yet.

"It was wonderful to see the

students' enthusiasm and energy as they walked the parade route. Chilly and the students did a great job of showing Conestoga's community involvement and spirit as they participated in the Guelph Santa Claus parade. We hope to be involved next year as well," said Amy Kendall, another chair in the School of Business and Hospitality.



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# Alumni Association has lots to offer

By **MIKE BUCKLEWELL**

Conestoga students and alumni may still be unaware of the VIP treatment they can receive thanks to the Alumni Association.

Programs provided by the association were highlighted at their annual general meeting on Nov. 18 at Bloom, where Conestoga's voluntary program provided prominent lawn flowers and donuts.

Over \$97,000 was raised by the Alumni Association this year for programs and awards, and treasurer Debra Fipewick, who also works for Enterprise/Western Media as a manager of accounting.

"The goal of the Alumni Association is to spend what we bring in and give it back to the college," said Fipewick,

who jokingly added, "to an amount that goes against everything I stand for."

Besides giving out about \$10,000 worth of awards to current students this month at the Alumni of Distinction Awards — courtesy of the Alumni Association provides many other services.

An important service the association started in June is a Connections, a magazine emailed to 20,000 alumni to keep them up to date on what the association is doing. "We always know Conestoga alumni were out there but now we actually send some thing out to them and have them reply back," said Jan Hollinsworth, manager of Alumni Services.

An example was when the School of Business was look-

ing for experienced managers for their entrepreneurship class and a Connections helped alumni connect with 22 students. "We were thrilled," said Hollinsworth.

Some new programs provided by Alumni Services for our soon students were discussed and they included the Orientation breakfast, the exclusive do and scoreboard day at Algonk Oak Park and the alumni dinner at Bloom in September.

The latest event was the annual alumni and Friends open golf tournament fundraiser at Winton Park Golf Course, which saw 149 golfers raise \$100,000.

In April the Alumni Association partnered with Conestoga Students Inc. for the first time at the first past-

er breakfast which served students over 1,000 pancakes in the fall. The event went so well another pancake breakfast is planned for the spring, said Hollinsworth.

"We did something really fun. We used up-and-down. Professors ate plates and after the students ate they threw them around and just had a blast."

Another program, the Conestoga College Marketing Competition (CCMCC), was highlighted at the meeting by third-year marketing students Amanda Corrado, Nathan Green and Charles Brown.

The CCMCC held at Hunter College last year, is a competition that helps marketing students network with 15 other colleges as well as com-

pete in a Jeopardy style game to determine and hence the marketing skills they have learned at Conestoga.

"It would be almost impossible to do all of our training without the Alumni Association. We thank you again," said Green.

The association's largest source of revenue is *Alumnae* (pronounced) which has raised over half of the money needed to replace and upgrade shop facilities also offers the chance to alumni on health, home and car insurance policies.

"We can only keep making this place better and add value for graduates as they can take more and more pride in their credentials," said John Tinkler, president of Conestoga.

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[www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

Orientation Leaders work as a team to welcome new students to Conestoga during their first week of classes.

Learn more and sign up as the student life website or visit us at College.

**STUDENT LIFE**

**STUDENT LIFE**

## SHUJA JAMES RELEASES NEW ALBUM



PHOTO BY CHRISTIAN BULL

Conestoga marketing student Josh Miller is a.k.a. Shuja James, performed at Mutual's Matt's Room on Nov. 26. Miller is promoting a new album, *Shujafixes and Niggles for Mitz and Niggles*.

## SAY NO TO DRINKING AND DRIVING



PHOTO BY ALYSSA BELLAS

Emily Plesner (left to right), Danielle Salvo and David Marlowe, all in third-year gas health, designed a display reminding the dangers of drinking and driving as part of Health and Wellness Week at Conestoga College. A Dash campaign from Nov. 22 to 28.



# **HOROSCOPE**

Week of Dec. 5, 2001



## **Aries**

March 21 - April 19



When you're going to sleep the whole world is really put to work, try to stay awake to see the beauty around you this week.



## **Taurus**

April 20 - May 20

Get fire to all those people who are entering you full this week, you're better off without them.



## **Gemini**

May 21 - June 21

Sharing is a good way to see what they really are when they think an eye's watching, keep in mind that the same applies to you this week.



## **Cancer**

June 22 - July 22

It's tempting to bleed into the chair and say the same about as them all, but this week you'll truly understand why that isn't for you.



## **Leo**

July 23 - August 22

Someone who cares for you very, very, very much is going to do something that is very, very, very unhelpful this.



## **Virgo**

August 23 - September 22

Feeling that you're really so one may just be the thing you need this week for you to become someone.



## **Libra**

September 23 - October 23

It's better to be working than waiting to win the lottery, you'll know what that means this week.



## **Scorpio**

October 24 - November 21

Nothing is quite the other way thing to do when things get tough, maybe this is the week more it will actually be the right thing to do.



## **Sagittarius**

November 22 - December 21

If you share into a crystal ball, only use the past you're going to use. Take a plunge into the waters of the unknown and you'll make it again this week.



## **Capricorn**

December 22 - January 19

For the first time in your life you'll find the answer to something that you've been asking yourself for a very long time.



## **Aquarius**

January 20 - February 18

The most love, it may not be something that you're used to, but the moment of goodness it will do this week is just what these words will be incorporated.



## **Pisces**

February 19 - March 20

Someone from the past will be throwing stones at your back this week, do your best to continue on with your life and spare it.

# **Win a Bookstore shopping spree**

By MARIA BUSTARRA

Have you ever imagined yourself dressed in a nice men costume and running happily around a room?

Well, you should! On Friday, Dec. 5, Counseling's Bookstore is giving a student the opportunity to leave the store with as much product as he or she can hold.

The only catch is the winner will have to wear a classroom costume.

Given only 60 seconds, the student, dressed as a woman, will run through the store and grab as many items as he or she can carry.

To enter the contest, students have to purchase a 100-page reader make a 100-item list, and then, Books have any time before the contest. The contest will be held at the Bookstore.

"We haven't started yet, but we're excited for the shopping spree," said Quiana Bustarrá,

promotion manager of the Bookstore. "We hope students bring natural foods to support the cause."

"We haven't started yet, but we're excited for the shopping spree. We hope students bring natural foods to support the cause."

— Quiana Bustarrá

This is not the only surprise the Bookstore has up its sleeve for you. With Christmas just around the corner, they are offering huge discounts on many items.

On Thursday, Dec. 1, soup and water bottles will be on sale for \$5 and \$10 and for \$20. The following day, T-shirts will be \$7 and lunch plates \$20. On Dec. 3, lin-

ens will sell for \$3.50 and water pans can be purchased for \$10 and up. Tuesday, Dec. 5, there will be \$5 off of 1000 drivers and \$10 off of 1000. On Wednesday you can grab things for as low as \$10. Last but not least, on Thursday the program specific books are only \$15.

The Bookstore is located on the second floor of the Dean campus. For more information, contact Quiana Bustarrá at (315) 740-8220 ext. 2245, or email her at qbustarra@jhsos.net or qbustarra@jhsos.net.



## **Counselor's Corner - The Meaning of the Holidays**

Another holiday season is just around the corner, and with that comes a season of celebration, anticipation, and sometimes stress. We may be anticipating the spirit of the holiday season, a time to relax, and a time for family get-togethers and mingling with friends. However, these feelings may be forgotten as we remember presents we cannot afford to buy, family obligations we have to meet, or loved ones whom we cannot visit. Family relationships can also cause conflict, especially if alcohol is a factor. If you are an international student or if your family is in another province or country, you may feel particularly alone during the holidays.

Different people follow different rituals at this time. During the holiday season, the important thing is that you find your own meaning and your own fun. Depending on your religion, you may have spiritual beliefs or practices which are important to you. You may also look for your traditions or create your own family rituals. This holiday season, make it a special time for yourself! The following ideas may be agreed, starting plans, or you may have ideas of your own.

- Make candles. • Write letters. • Read a good book.
- Do something self-nurturing. • Write with people you want to be with.
- Write resolutions or favorite quotes. • Write letters you want to be with.
- Write a letter when you want to be. • Write a letter to a friend.
- Celebrate whatever spiritual beliefs have meaning for you.

If the holiday season is a particularly difficult time for you, talk to a counselor in Counseling Services.

\*\*\* HAPPY HOLIDAYS \*\*\* SEASON'S GREETINGS \*\*\*



A Message From Counseling Services.



James Wilczak is the resident astrologist who passed into the sky and now it's time to go back at him, raising the universe to unfold before him.

# Silent films' music must fit the mood

By ANN HADFIELD

There was a murder at the Registry Theatre. Well not exactly. The Registry Theatre held another night of silent film accompanied by a live orchestra, the VSO's Silent Film Showcase. The film they showed was Robert Weim's *The Hands of Orlin*, starring Conrad Veidt.

In the movie, a pianist, played by Veidt, loses his hands in a train wreck and the doctor replaces them with the hands of a recently executed murderer. Orlin becomes convinced that they're possessing his mind and will have him in full control. "This is a story

that's been told many different ways including in the movie *Lila Lila* and in the *Samurai* episode about Hasegawa who recently executed Suzuki's last transplanted cane his head.

The film itself is brilliant. I've always been a fan of German expressionism in silent films as I thought the acting, the writing and the whole symbolism that lived everything was just marvelous.

Veidt gave an outstanding performance that resulted his role in the film, *Major Bruckner*, in *Gaslight*.

However, I'm not sure what I found more fascinating the orchestra or the audience.

This is the fourth season of this type of event and *The Hands of Orlin* was the fourth showing that I've been to. But I'm no stranger to the building as that was silent film. I got that since they couldn't speak, to convey emotions they had to act with very explicit body language and the most powerful the emotion. The more anguished their movements became. This may look a little silly at first but it doesn't take very long to get used to it. This house and it's not hard to recognize that this movie isn't a comedy.

It's amazing to giggle at times like when Orlin's wife is desperately imploring the doctor to do everything possible to save Orlin's hands. I have to sound stuck up but the level of passionate humanity that the audience displayed was downright obvious.

If you can't handle drama as intense without sound then you shouldn't be going to see these movies in public.

As for the orchestra itself, they were somewhat fit and nice. The first film I saw them play for was *Fastidious*. *Fastidious* is an early commercial propaganda film, and their style of death, splatting you worked well with it.

The next film I saw was Alfred Hitchcock's *The Lodger*. This was about a psychomotorist staying at a hotel, who goes out every night for mysterious reasons during the time of Jack The Ripper.

Again, the haunting, despondent style of the orchestra was quite worked with the movie but I noticed it wasn't as good as the first one.

The next was the original version of *Dr. Jekyll and Mr.*

*Hide*. How I again noticed how similar the music sounded to the first two and in many cases it was significantly less fitting. Their tone didn't change accordingly from scene to scene.

Finally it was the main story for the *Hands of Orlin*. I think that they need to learn a new style that's dramatically different from their usual one.

Music has great sway on the mood of a silent film and they made every film fit exactly the same despite how different the films are. Sure the orchestra plays quite well but still seems very little where it doesn't really seem that their hearts are in it.

There may be hope though. In March, the Registry will be playing a Buster Keaton marathon. Keaton, in my opinion, is the wisest choice to come out of the silent era and I would hope that the VSO's Silent Film Showcase can see how that out wrong it would be to play slow, dark, brooding tones over top of Keaton's light hearted antics.

Counselling services presents the

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## NOVEMBER MADNESS: SHAVING GOODBYE



PHOTO BY JESSICA MARTIN

Chief Ray, a first-year business administration - accounting student, takes his hairy masterpiece. Pictured, he has had his before shaving it off for December.

# Conestoga sets trend in alternative energy

By ERIC MORGAN

Conestoga's alternative energy students are going green by helping set the trend for renewable solar and wind energy.

The third-year electrical engineering technology class has designed in the last few months an electrical distribution system for a 200W wind turbine that is being built in St. Agathe as a community in service project.

"The project is not only relevant to the alternative energy program and the emphasis on placement but benefits the community as a whole," said Karen Kohnen, the teacher of the class.

The alternative energy students work in partnership with the Local Initiative for Future Energy (LIFE), a renewable energy co-operative based in Waterloo. Megan Hays has to help foster community-owned renewable power in Ontario.

Although one of LIFE's core real projects is to connect a wind turbine to the provincial electrical grid, five members are in the engineering field and are mostly community leaders who need help with the technical challenges.

"A lot of what this project is going to do is help these people who don't have an electrical distribution understood the distributed system. So when they have a professional firm they know what's going on and



This logo was designed by students for their third-year electrical engineering alternative energy wind turbine project.

they won't be taken advantage of" said project manager Dan Hoffmann.

The students applied their skills and theory in a practical real-world project. At the same time they learned proper management skills as they worked together with their groups the specific aspects of the design of the work for the project was done outside of class and on the students' own time.

"The students gained confidence through the project as they interacted with professional members with NW Hydro, CONESTOGA, LIFE and other groups outside of the college."

Lead engineer Karen Kohnen said real world experience benefits a project such as the turbine, using his

four-month work placement as a source to acquire information for the turbine project.

"A lot of people were depending on me to use my contacts in the industry and it helped," said Kohnen.

Brandon Coleman, another third-year student, worked at Stantec in Kitchener over the summer and the AutoCAD training also benefited the project as a whole.

Ed Thornton, another student of alternative energy, said the best part of the project was learning about and becoming aware of the emerging trend in the necessity of renewable energy.

"The more people you can get involved on any scale, that's where the future's at," he said.



Local Initiative for Future Energy (LIFE) is a N.W. community of concerned citizens who are attempting to foster renewable power in Ontario.



Third-year alternative energy students surveyed this site in St. Agathe for LIFE.

## I love those cheesy holiday moments

Light! Cheek! Christmas! Church. Cheesy family bonding moments, while standing solemnly in the living room about to decorate our truly most family Christmas tree? Also church.

What says money more than these teenagers and their state flipping their thumbs up and smiling for the camera while wearing ugly Christmas sweaters? There's a golden retriever into the mix and we'll be a regular Brady Bunch, but does it bother me? No. Well, maybe a little bit. But I have come to realize that I am blessed. As much as they annoy me, make me hate my house and swallow my words, I love spending that holiday season with them.

Bringing home the scores. Santa and complaining about who got what. Naughty Night which always ends with a naughty list to read. Singing Christmas carols with the world's most off-tune family and companions to see who can stay the most awake all



Jessica Martin  
Opinion

through a holiday.

Yes, we annoy each other but we get along. However, there is one thing my mom and I disagree on every year without fail.

"I'm so glad winter is making so long to come!" I overheard her say on the phone last night. I glanced out the window at the brown, brittle grass and bare trees and sighed.

Despite my mom's desire to hold on to fall as long as possible, there's something about about seeing Mother Nature smile between the seasons. She's long since left behind her autumnal glory of scarlet and gold, and stands as a kind of awkward witness to the snow for her winter

showing of snow.

I say bring on the snow days, the cold wind cutting the windows, long evenings of tobogganing with the family and sitting in front the snowy outdoors to sip apple cider by the fireplace.

The snow would be to me Christmas sweaters but like they're made out of the clouds for the right season and make our Christmas tree feel like it belongs.

Most importantly, the snow would create an abundance of opportunities for my family to indulge in more embarrassing but necessary holiday festivities.

The typical teenage thing to do is complain about our families and I often catch myself doing just that. But deep down, beneath my embarrassment and them, I would never change the Martin's cheesy, tacky and delightful way of celebrating the holiday season.

By yes, I guess I am fine with my Brady Bunch

## WORKING HARD EIGHT DAYS A WEEK



PHOTO BY JESSICA MARTIN

Gaby Bunka is a second-year radio broadcast student, practices his DJD podcast in the radio booth.

## GLBTQ students launch new club

### BY MICHAEL HALL

Through the GLBTQ Welcomes Night held on Oct. 3 ended with a successful evening people, it also ended with a question, "Now what?" For over a month, that question remained unanswered.

"It just didn't seem fair to have this welcome night and then nowhere to go," said Ben Jackson, a second-year broadcast television student who took the lead role during the weeks that followed began to organize this year's club, which remains undecided.

There were talks of forming a club through CSI at the Welcomes Night, but at the time nothing was offered. The leader of Conestoga's last GLBTQ club had graduated. Others who were interested in keeping it touch didn't have contacts to help and dispersed.

Although still in the planning stages, a new club is being formed and is open to anyone who wishes to join, help out or learn more.

For the comfort of everyone involved, a list of members will not be released and those interested in the club can email Jackson at [benjackson@conestogac.on.ca](mailto:benjackson@conestogac.on.ca) for meeting times and locations.

"I want to accommodate everybody's comfort level," Jackson said as the first club meeting held on Nov. 22

which was only advertised to those who attended the Welcomes Night. He noted that through Conestoga's overall accepting place, many students come from a variety of experiences suffering their struggles to have the same living conditions.

The meeting had a small turnout of seven people which was expected with the annual advertising and a long-held holiday on a Wednesday. Future meetings will be held after class times depending on members' schedules.

Among the things discussed were ways to spend some of the club's budget — with suggestions ranging from rubber bracelets to movie nights and group outings — to the personal behind everyone willing to join.

The first concern arose was that members simply wanted a place to meet others like themselves and make friends.

After about an hour participants had to attend class and the meeting drew to a close. In a few weeks another meeting will be held as the evening to begin that more people will come out and join as people and places can be made to accommodate the needs of as many people as possible.

Anyone interested in joining or learning more is encouraged to email Ben Jackson.

## CONESTOGA STUDENTS PROMOTE SAFE SEX



PHOTO BY MICHAEL HALL

First-year pre-health sciences and police foundation students promoted safe sex with the slogan "practices makes perfect," at the Slide in Conestoga's Health and Welcomes Week on Nov. 28.

# 20 PILLS A DAY

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TRANS FAT'S REST IN PEACE

Trans fats are a type of fat found in many processed foods, including fast food, margarine, and baked goods. They are bad for your health because they increase the risk of heart disease and other health problems. The American Heart Association (AHA) has called for a ban on trans fats in food. The AHA has also called for a ban on trans fats in cosmetics. The AHA has also called for a ban on trans fats in clothing. The AHA has also called for a ban on trans fats in everything else.

HEART &  
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# From zero to hero

Local football star shines in his first year and wins the OFC return specialist award

By JEFF POWERS

Meet Kevin Jones. He's a 21-year-old running back/side receiver who was recently named the return specialist of the year for the Ontario Football Conference.

Jones arrived over the return yards with the Team Ontario Predators during the eight-game regular season. His breakthrough game was on Week 8 when his team was playing Windsor's AFO Predators. Jones returned the ball after a missed field goal 110 yards for the score.

He started his football career as a quarterback but grew into his role as a top powerful fullback by the time he finished his fifth year in high school.

At St. John A. Macdonald high school in Waterloo, he had some incredible experiences including an amazing turnaround which saw his team go from last place to first place.

After finishing 1-7 in his division 30 years ago, three years later his team was undefeated and dominated on the playoffs, not allowing a touchdown.

But one game that counts was to defeat his team in the CWOCSA, semi-final versus Shropshire. His Highlanders were motivated by it since in the fourth quarter and looked good to pull off the win.

However, his team fell apart in the last moments and they lost the game.

Jones was highly motivated out of high school, receiving offers to attend most universities in the area. Instead he opted to go out of province and landed at the University of Calgary.

During his first and only season as a Duce in 2009-2010, Jones pulled his hamstring during training in May, forcing him to miss most of the season.

During his recovery period, he had a tough time throwing an football, as his mother was very sick back in Kitchener. Jones devoted one game for Calgary but opted to return home after the season was over.

He decided to put his football career on hold and worked full time in Kitchener. He also continued to upgrade his training. Football remained his life while the Canadian Junior Football League announced a new franchise was coming to Kitchener-Waterloo.

Jones attended the first training camp and used it as a very exciting experience. He credits his head coach at the time, Chris Timoshenko, for his as well as the team's early success. "Especially because of coach Timoshenko, he's a awesome and as knowledgeable

He knows the game inside and out. He's been around the game forever and he's not this typical coach who's going to yell at you and get upset. He explains it to you in a way that makes sense for everyone," Jones said.

Jones talked about his first year with the Predators:

"If we would have had a couple more weeks, I think we would have made the playoffs. Our offense was just hitting their stride and figuring out what we were good at and what we weren't good at. And my defense throughout the whole year was awesome," Jones said.

Jones has looked upon going back to university but understands that he is getting older and playing for the Predators was a great way for sports to see him.

Jones looks to the future and thinks that he has the potential to play at the next level. He is currently determined to crack a practice roster on the Canadian Football League within the next few years.

"In 10 years, I just want to be happy. I hope to be in a financial state where I can just relax and enjoy life. I want to make sure that my number is all right and doesn't have to work. And lastly, I just want to be a good, positive influence on my friends and others," Jones said.



PHOTO BY ANDREW DEBARI

Second-year pro and future services student Kevin Jones: a passionate athlete, prepared to throw the rugby ball into a corner.

## Sports big part of her life

By ANDREW DEBARI

Most of Genevieve Ponce's life has been dedicated to sports and she wouldn't have it any other way.

The second-year Oshington College student has played basketball and volleyball, but that isn't enough for her as she is now dedicating herself to rugby.

"I've been playing football my entire life and when I heard there's a rugby team, I thought it'd be really good to try my sports. It'll be a new sport for me to try," Ponce said.

She finds football much more fun than in years of experience in the sport. In fact, it is one sport where she can relax and enjoy the game.

"You played my whole life, I was just kinda doing my own thing, not trying to impress anybody. It was just like, 'hey, let's play', catch the ball, try to get to the end, anything, anything," she said.

In her short time that she is Oshington, Ponce has been connected with just about every sports team offered and she always has signs of showing down.

The recreation and leisure services program student says she finds it easy to stay in shape.

"I just make sure that I eat well - Subway, go to the gym and I play a lot of sports and that's all I do. I don't work out unless it's in the summer."

As for the challenges that stand in her way, Ponce was prepared for anything that came.

"There wasn't really a challenge for the physical part of rugby because I've played hockey but it was just hard because I didn't know the

rules. I just pretty much told the coach, give me a position and I'll learn the position and I'll just get the ball and run," she said.

The transition to rugby was much easier than Ponce thought and it resulted in a return on her first couple of games.

"I started off my first game and I was really nervous. I had no idea what I was doing. The coach told me to tackle the girl with the ball and if you get the ball, put your hands on it. I did it and I actually scored the winning try of that game - I got together try on my second game. I was really excited."

The Oshington College Athletic Association awarded Ponce for her strong play to start the season.

"I actually got a lot of love from the OCAA and I thought that was really exciting because I never played rugby before and I was really happy," she said.

But it would, they say, be the physical aspect of the sport that would set her up for her next experience yet.

"I got a black eye and a concussion on 1 was out for a week. In general, it's not too bad because I'll never feel any pain before and then two weeks later I got another one. I was out for three weeks."

"I was surprising though, I was really okay. I couldn't drive because I was out of it as it made me nervous."

Good times and bad, there are certain things that rugby gave Ponce that she says are invaluable.

"The thing I like the best about rugby is just staying in shape and meeting and finding the girls on the team are awesome."



PHOTO BY ANDREW DEBARI

Kevin Jones of the Team Ontario Predators was the winner of the Ontario Football Conference's return specialist of the year award. He is shown celebrating during their first game of the season Sept. 1.

ST. MONICA HOUSE

# Holiday Wish List

St. Monica House is a non-profit organization which provides an extensive array of services to young pregnant women, young mothers, and their children. The Holiday Wish List is run to ensure that the holiday season is an enjoyable one for the young women and their children who participate in the programs and services offered at St. Monica House.

DROP OFF BOX IS LOCATED IN THE CSI SELF SERVE AREA ROOM 2A100  
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\$20 amounts for grocery stores, lay stores, local malls etc.
- **Baby Items**  
Toiletries, clothing, bottles, diapers, toys, crib accessories
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Shampoo, conditioner, toothpaste, razors, deodorant etc.
- **Clothing (For Teens)**  
Socks, sweaters, T-shirts, hats and mitts, slippers
- **Gift Items**  
Picture frames, phone cards, disposable cameras etc.
- **Gifts for Independent Living**  
small appliances, bedding, towels, blankets, lamps etc.
- **Financial Donations**  
A charitable donation receipt will be issued.

DONATIONS ACCEPTED UNTIL DECEMBER 16<sup>TH</sup>

CONESTOGA  
STUDENTS INC